



The following shots
are recommended to
stay healthy:

- Pertussis
- Chickenpox
- Hepatitis A
- Hepatitis B
- Measles, Mumps, Rubella (MMR)
- Tetanus (Td)
- Influenza (flu)
- Meningococcal
- Pneumococcal
- Human Papillomavirus (HPV)

For more information for you and your
parents, call your doctor, your local health
department or Immunization Hotline:

1-800-275-0659



IMMUNIZATION
PROGRAM
Immunize for healthy lives

www.immunize-utah.org

gOt VaXed?



Get the facts on
Teen Vaccination

got VaXed?

Get the facts on Teen Vaccination



Are you
11-19
years old?

If yes, then you may
need protection against
the following vaccine
preventable diseases.

Varicella

Chickenpox is a virus that can cause serious infections of the skin. It also may cause brain damage, pneumonia and even death. The chickenpox vaccine is recommended at 11-12 years of age, if not previously given, and is required for 7th grade entry in Utah schools.

Hepatitis A

Hepatitis A is spread by personal contact with an infected person, or through contaminated food or water. If you travel outside the U.S. or live in a community with a lot of hepatitis A, the hepatitis A vaccine is recommended.

Hepatitis B

Hepatitis B is a virus that can cause serious liver infection, liver cancer and death. Hepatitis B is spread by coming in contact with infected blood or body fluids from sharing toothbrushes or razors, tattooing, ear and body piercing, and through intimate contact. Three doses of the hepatitis B vaccine are required for 7th grade entry in Utah schools.

Measles, Mumps, Rubella

Measles, mumps, and rubella are viruses that may cause hearing loss, brain damage or serious birth defects. Two doses of the MMR vaccine are required for all Utah students.

Tetanus, Diphtheria, Pertussis

Tetanus (lockjaw) is caused by a germ that enters the body through a cut or wound. Diphtheria and pertussis or whooping cough is caused by bacteria and is spread through coughing or sneezing.

One dose of the tetanus, diphtheria, pertussis (Tdap) vaccine is required for 7th grade entry in Utah schools. Td vaccine may be given instead of Tdap vaccine.

Influenza

If you have a serious health problem such as asthma, diabetes, or heart disease you should consider a yearly flu shot.

Meningococcal Disease

Meningococcal disease is spread by bacteria that can cause serious illness such as pneumonia and can even result in hearing loss. Are you 11-12 years of age, entering high school (about age 15) or going to college and planning on living in the dorms? If so, talk to your doctor or nurse about the meningococcal vaccine.

Pneumococcal Disease

Pneumococcal disease is caused by a bacteria. It can cause infections of the brain and blood, pneumonia, and death. Pneumococcal vaccine is recommended for teens with serious diseases such as diabetes, leukemia, heart disease, lung disease, HIV infection, or AIDS.

Human Papillomavirus

HPV is a virus that causes cervical cancer and genital warts. Three doses of the HPV vaccine are recommended for females 11-12 years of age and for females 13-26 years of age who have not previously been vaccinated or completed the vaccine series.